

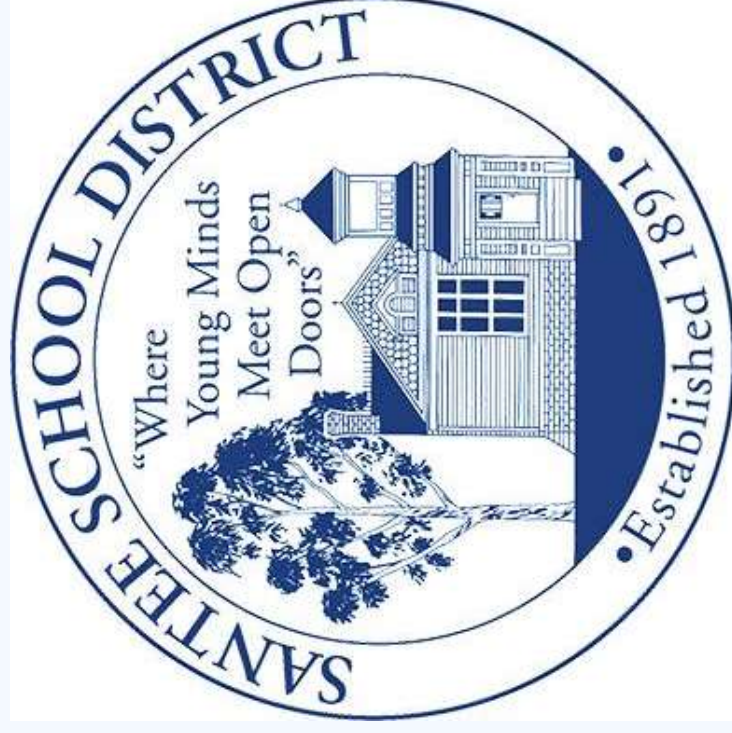
Communicating about Feelings with your Child

Little Kids have big feelings.
Big Kids have huge feelings.



Agenda

- Welcome and Introductions (5 min)
- Logistics of Virtual Coffee with the Counselor (5 min)
- Presentation (30 min)
- Q&A (20 min)



Introductions

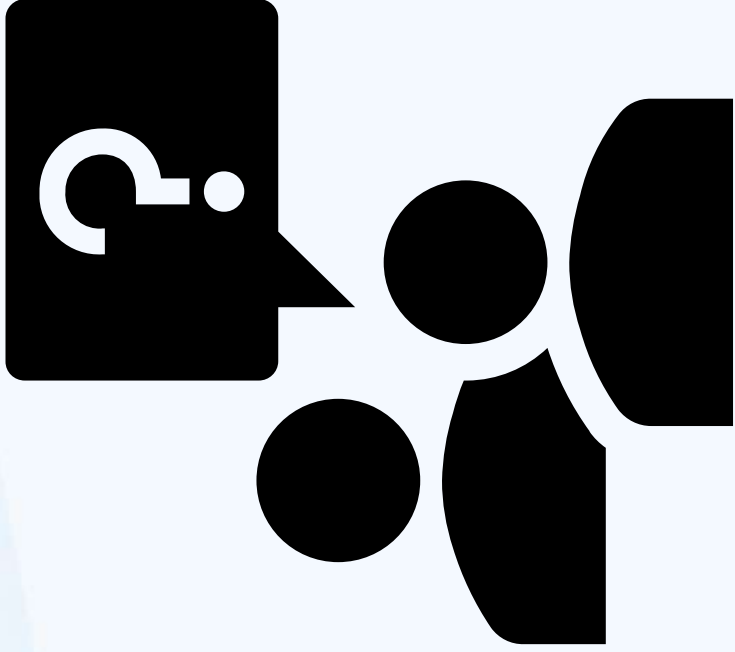
Stacey Rawson

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Carlton Hills/ Hill Creek





Logistics

Please stay on “MUTE” during the presentation

Ask all questions in the chat feature.

Questions will be answered at the end, participants will have a chance to talk.

Webinar is recorded and will be posted on SSD counseling website for other parents to view later. This includes the Q&A portion.



Objectives

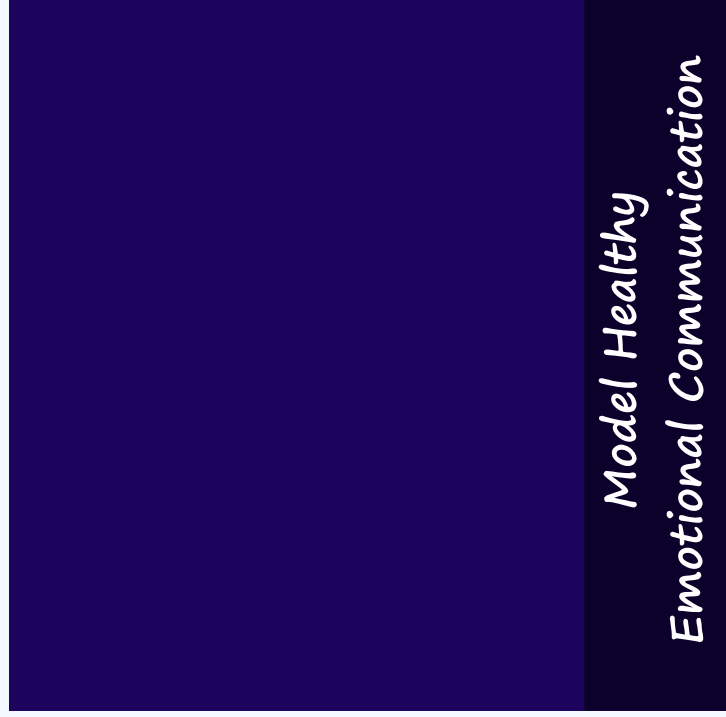
By the end of this webinar, you will be able to:

- 1. Build your child's emotional vocabulary.*
- 2. Increase emotional sharing in your household*
- 3. Enhance your own and your child's emotional self awareness*
- 4. Model appropriate emotional regulation for your child.*

Let's Talk About Feelings

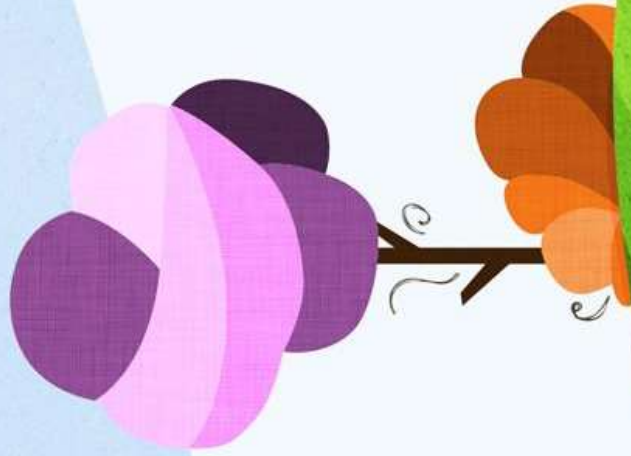


Guiding Principles



Emotional Vocabulary

Giving children words for their feelings



Give Them Words and Examples

ZONES of Regulation



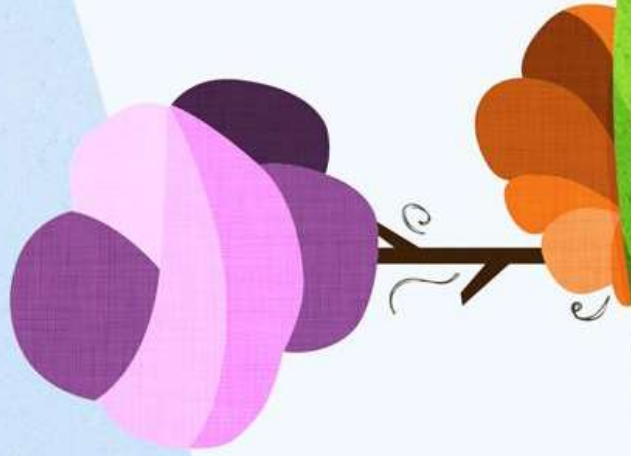
Characters Have Feelings Too



<http://www.zonesofregulation.com/index.html>

Self Awareness

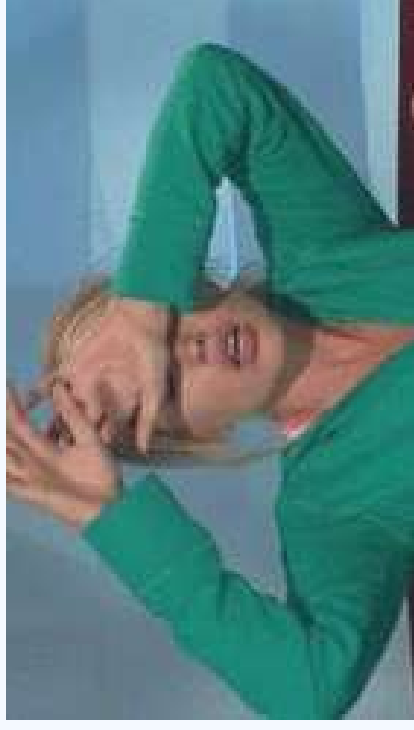
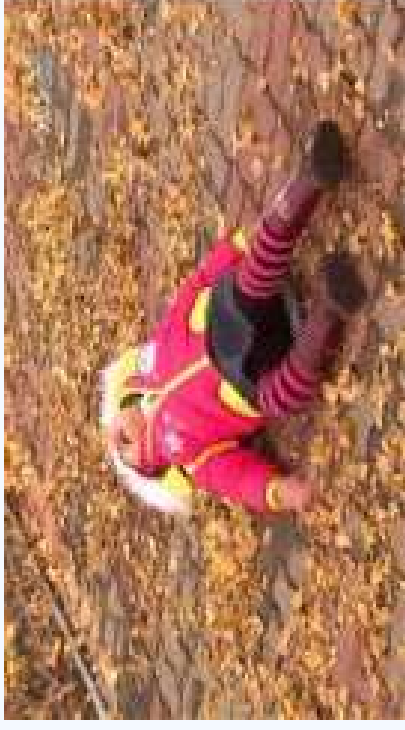
Behind every behavior is a feeling



Pay Attention to Yourself and Your Child

Listen/ Look for emotions

- Tune into what they say and don't say
 - Nonverbal cues
 - Verbal Cues
 - Think: What benefit are they getting from their behavior?
What consequence?



Pay Attention to Yourself and Your Child

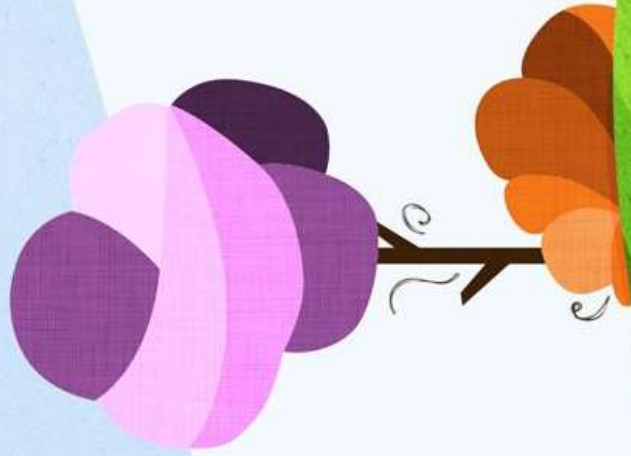


Reflect your own emotions

- Be vulnerable
- Talk through your process
- Noticing your own emotional reaction helps you stay rational and calm.

Emotional Regulation

Coping Skills and Healthy Consequences



Calming Down is a Life Skill

Calm Down the Emotions. Consequence the Behavior.

- Set healthy, clear boundaries for emotional expression
- Model and Teach coping skills ahead of time. Give your child control to choose their preferred coping methods.
- Consequences are for behavior, not feelings. Make that clear.



КНОСККНОСККНОСК - PENNY -

Reflecting with your Child

Antecedent
(Trigger)– Ask the
child “What made
you upset? How did
you feel?”



Behavior– Tell the
child “ When you
felt ____, I noticed
because you____
(cues). Its ok to feel
____, but its not ok
to ____ (undesired
behavior).



Consequence–
Parent reflects on
what reinforcement
(negative or
positive) happened
after the emotional
reaction? Did this
serve the child well?

Calm Down Strategies

- Read Books about Calming Down
 - Little Monkey Calms Down - <https://www.amazon.com/Little-Monkey-Calms-Hello-Genius/dp/1479522864>
 - Soda Pop Head - <https://www.amazon.com/Soda-Pop-Head-Julia-Cook/dp/193163677X>
- Create a Coping Skills Menu
 - What are the options in your house to calm down?
- Mindfulness and Deep Breathing
 - Mind Yeti
 - <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

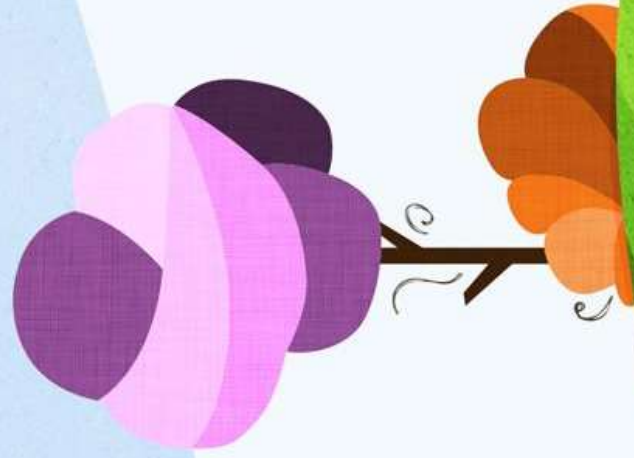
The background features stylized, layered hills in shades of blue and green. In the foreground, there are two stylized trees: one with purple and pink foliage on the left, and one with orange and brown foliage on the right. The text is centered in the white space between the hills.

Time for your questions!

*Please post your question in the chat
feature. I will call on you in order to
voice your question and get feedback.*

Don't Forget: You are doing a great job!





*Thank you!
Join us next week.*

*Wednesday, April 22
7:30-830 am*

Topic: Creating and Maintaining a Routine

RSVP:

<https://www.signupgenius.com/go/coffeewiththecounselors>